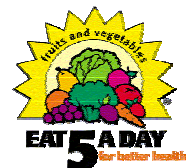




Quick Tips

- Add crunch and color to pasta or potato salad with green or red pepper strips, broccoli florets, carrot slices, or cucumber.
- Pre-cut vegetables and salad mixes are a terrific 5 A Day time-saver. You'll find them at your local supermarket.
- As part of your 5 to 9 A Day, eat at least one vitamin C rich selection, like cantaloupe, carrots, spinach, and sweet potato.
- Want more fiber in your 5 to 9 A Day diet? Try eating oranges, broccoli, apples, or beans.
- Bring color or character to your salads by sprinkling in baby carrots, shredded cabbage, or spinach leaves.
- Ready to eat? Your local supermarket offers plenty of prepared items, including sliced melons, fresh pineapple, salad mixes, and a salad bar.
- At parties, try serving fruit wedges with chunks of reduced fat cheese.
- Perk up deli salads like coleslaw, chicken, or tuna with apple chunks, pineapple, or raisins.
- Wake up with 5 A Day! Add sliced banana, blueberries, or raisins to cereal.
- Did you know that most fruits and vegetables are naturally low in calories, fat, and sodium? They are also good sources of vitamin A and vitamin C, and are cholesterol free!



- Eating 5 to 9 A Day can be fun for kids.
 - Top off a bowl of cereal with a smiling face from sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
 - You can use broccoli florets for trees, carrots and celery for flowers, cauliflower for clouds, and a yellow squash for a sun. When you're all done, you can eat your masterpiece and get your recommended 5 A Day!
 - Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes and berries.
 - Go shopping with your children and let them pick out a new fruit and vegetable to try.
- There are so many choices when selecting fruits and vegetables. Have you ever tried kiwifruit? How about mangoes? Try something new that helps you get some of your 5 to 9 A Day.
- Keep things fresh and interesting by combining fruits of different flavors, like red grapes with pineapple chunks.
- **PACK & GO:**
 - When it's snack time, grab an apple or orange, or a zip lock bag and fill with sweet cherries, grapes, carrots, or your favorite fruit or veggie.
 - Buy ready-to-eat packaged fresh vegetables that are already cleaned.
 - Drink 100% fruit juice in easy-to-tote boxes or cans.
 - For a quick, handy, take-along 5 A Day snack, try dried dates, figs, prunes, raisins, apricots, and others.
- **COOKING:**
 - Use a microwave or pressure cooker to quickly "zap" vegetables and retain their nutrients.
 - Grill fruits or vegetables. When grilling, wrap vegetables in aluminum foil. or use skewers of pineapple, yellow squash, eggplant, nectarines, zucchini, or cherry tomatoes, onions, mushrooms, place over medium-hot coals for a fun-to-eat and flavorful BBQ treat.
- Microwaving fruits and vegetables is fast and fun. Heat up some frozen vegetables or potatoes as a quick way to your 5 A Day.



- Add fresh fruit and vegetables to foods you already eat - like berries and bananas to yogurt and cereal; vegetables to pasta and pizza; and lettuce, tomato and onion to sandwiches.
- When you keep fruits and vegetables visible and easily accessible you tend to eat them more; for instance, store cut and cleaned produce at eye-level in the refrigerator.
- Make a quick smoothie in the blender by puréeing peaches and/or nectarines, a touch of your favorite fruit juice, crushed ice, and a light sprinkling of nutmeg.
- Keep a big bowl of ripe summer fruit on the table for passers-by to pick up on their way out.
- Toss grapefruit and/or orange sections in a fresh crunchy salad of mixed greens - the sweet citrus and crisp lettuce are an incredible wake-up call for the taste buds, and the juice from the segments moistens each leaf.
- Make homemade salsa with tomatoes, mangoes, avocados, red onions, cilantro and lime juice.
- Looking for a fun appetizer when you entertain? Try making spears of fruit by attaching strawberries, grapes, melon slices, or pineapple chunks onto small skewers. Use low-fat or non-fat yogurt for a dip.
- Put some punch into your party by blending 100 percent fruit juices to create a refreshing new juice. Try mixing pineapple, orange, grapefruit, or other fruit juices. Add a slice of lemon or lime as a garnish.
- Here's a quick fruit salad you can make in less than a minute. Open a can of juice-pack mandarin oranges and empty into a bowl. Add a sliced banana, a sliced apple, and some blueberries or raisins. There you have it- a quick way to 5 A Day.
- Fruits and vegetables taste great and give you energy. Eating 5 to 9 servings of fruits and vegetables a day keeps you pepped up for your day.



- Fruit juice, flavored vinegars, or herbs make low-fat salad dressings flavorful without adding fat or salt. Try these tasty additions to add flavor to your 5 A Day salad.
- Want to know a shortcut to measuring a 5 A Day serving size? Generally, a fruit and vegetable serving is about the size of your fist. A serving of leafy greens should be larger than your fist, while a serving of dried fruit is smaller than your fist.
- You can get your 5 A Day in many ways because fruits and vegetables come fresh, frozen, canned, dried, and as 100 percent juice.
- Eating 5 to 9 A Day is quick and easy. A serving can be a medium-size piece of fruit, 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice, 1/2 cup cooked or canned vegetables or fruit, 1 cup of raw leafy vegetables, 1/2 cup cooked dry peas or beans, or 1/4 cup dried fruit.
- Here's a great way to get some of your 5 to 9 A Day. Buy low-fat yogurt, fruit juice, and fresh, canned, or frozen fruit to blend a quick fruit smoothie. Get juicy. Buy 100 percent fruit or vegetable juice to quench your thirst and satisfy one of your 5 A Day.
- Need something to munch on? Buy pre-cut vegetables (packaged or from the salad bar) for brown bag lunches. Try dipping your vegetables in low-fat or non-fat salad dressing.
- You can get some of your 5 to 9 A Day at a restaurant too. Try vegetable pizza or pasta (but watch out for cream sauces), or a fresh vegetable "wrap." Instead of French fries, order a plain baked potato, vegetable soup, or a small salad.
- Try tossing fruit into your green salads. Oranges, grapefruit, or nectarine slices add extra flavor to your 5 A Day salad.
- On your way out the door? Take along some healthy 5 A Day snacks like celery sticks, an apple, a banana, or a box of 100 percent fruit or vegetable juice.



- Cool off with a great treat. Pour 100 percent fruit or vegetable juice into an ice cube tray to make juice cubes.
- Did you know that eating 5 to 9 servings of fruits and vegetables every day may help reduce the risk of cancer? Fruits and vegetables come in a variety of shapes, sizes, and flavors.
- Fruits and vegetables are nature's original fast food. A box of raisins, some grapes, carrot sticks, or some red, yellow and green pepper sticks make quick 5 A Day snacks.
- A trip to the salad bar can help you get to your recommended 5 to 9 A Day. Select plenty of raw vegetables.
- Not sure how to eat 5 to 9 A Day? Start the day with 100 percent fruit or vegetable juice. Slice bananas or strawberries on top of your cereal. Have a salad with lunch, and an apple for an afternoon snack. Include 2 vegetables and a salad for dinner, microwave or steamed them and you've already have 7 A Day.
- In a hurry for a 5 A Day treat? Pick fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, asparagus, grapes, apples, or broccoli spears.
- Sometimes you can eat some of your 5 to 9 A Day in its' own container. Kiwifruit comes with its own serving cup and cantaloupe with its own serving bowl. Just cut them in half through the middle and scoop out each half with a spoon.
- Here's a tip for preparing to eat your 5 A Day. Wash fruits and vegetables thoroughly in water. Do not use detergent.
- For holidays, why not buy a fruit or vegetable basket for home or as a gift. Each basket contains all the makings for your 5 A Day.

